



Enriching School Meals With Whole-Grain USDA Foods

USDA offers a variety of user- and kid-friendly whole grain-rich foods. We continually review and work to improve our whole-grain products to ensure they help school nutrition programs meet the updated meal requirements, perform well, and are acceptable to children. Here are some suggested uses for whole-grain USDA Foods:

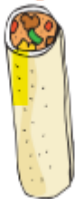
Whole-Grain Tortillas

Breakfast

- Scrambled Egg & Cheese Wrap
- Southwest Omelet Wrap
- Fruit & Cream Cheese Wrap
- Ham & Cheese Wrap

Lunch

- Turkey or Ham & Cheese Wrap
- Teriyaki Chicken Wrap
- Chicken Salad Wrap
- Chicken, Hummus, & Veggie Wrap
- Veggie Cheese Wrap
- PB & Jelly Wrap



Whole-Grain Pasta

Macaroni, Spaghetti, and Rotini

Lunch

■ Warm Pasta with

- Roasted Winter Veggies
- Summer Veggies
- Marinara Sauce
- Meat Sauce
- Garlic & Chicken
- Veggies & Cheese
- Asian Stir-Fry
- Mexican Spices & Veggies

■ Cold Pasta with

- Chicken, Turkey, or Ham Salad
- Summer Veggies



Whole-Grain Rice

Par-boiled & Regular Brown Rice

Lunch

- Sweet 'n' Spicy Oven Fried Brown Rice
- Thai Vegetable Stir Fry With Brown Rice & Chicken
- Jammin' Jambalaya
- Cheesy Chicken Broccoli Bake
- Roasted Italian Salad
- Brown Rice Pilaf



Other Whole Grains

Breakfast

- Whole-Grain Pancakes
- Quick Rolled Oats

School Baking

- Whole-Wheat Flour
- White Whole-Wheat Flour Blend

Processing

- Whole Dry Kernel Corn



Introducing Foods That Meet the Whole Grain-Rich Criteria

Some students may not be familiar with foods that meet the whole grain-rich criteria. To encourage them to try different products, conduct student taste tests to select items that have the most student appeal. Introduce whole grains in student favorites, such as pizza or spaghetti. As new foods are gradually introduced into the school menu with familiar foods, this allows students to gradually accept them. Serving items that meet the whole grain-rich criteria in versions that are popular with students also increases acceptability.



More school recipe ideas can be found at: <http://www.whatscooking.fns.usda.gov/>

More information about USDA Foods can be found at: <http://www.fns.usda.gov/usdafoods>